COMMON MEDICATIONS SAFE IN PREGNANCY

ACNE: Benzoyl Peroxide
Clindamycin
Topical Erythromycin
Salicylic Acid

AVOID: Accutane
Retin-A
Tetracycline
Minocycline

ANTIBIOTICS:
Ceclor
Cephalosporins
E-mycins
Keflex
Macrobid/Macrodantin
Penicillin
Zithromax

AVOID: Cipro
Tetracycline
Minocycline
Levaquin

CAFFEINE:
<200mg/day (equiv. to 1 cup of coffee or Approx. 3 12oz. sodas)

COLDS/HAYFEVER:
Benadryl
Claritin
**Claritin-D
Chlor-Trimeton
Dimetapp
Drixoral-Non-Drowsy
Mucinex (guaifenasin)
Sudafed/Sudafed-12 Hour
**Sudafed PE Pseudoephedrine
Tylenol Cold & Sinus
Vicks Vapor Rub
Zyrtec

****AVOID If Problems With Blood Pressure**

CONSTIPATION:
Colace
Dulcolax Suppository
Fibercon
Metamucil
Miralax
Senakot

COUGH:
Cough Drops
Phenergan w/ Codeine if Rx'd
Robitussin (Plain & DM formulas)

CRABS/LICE:
RID
AVOID: Kwell

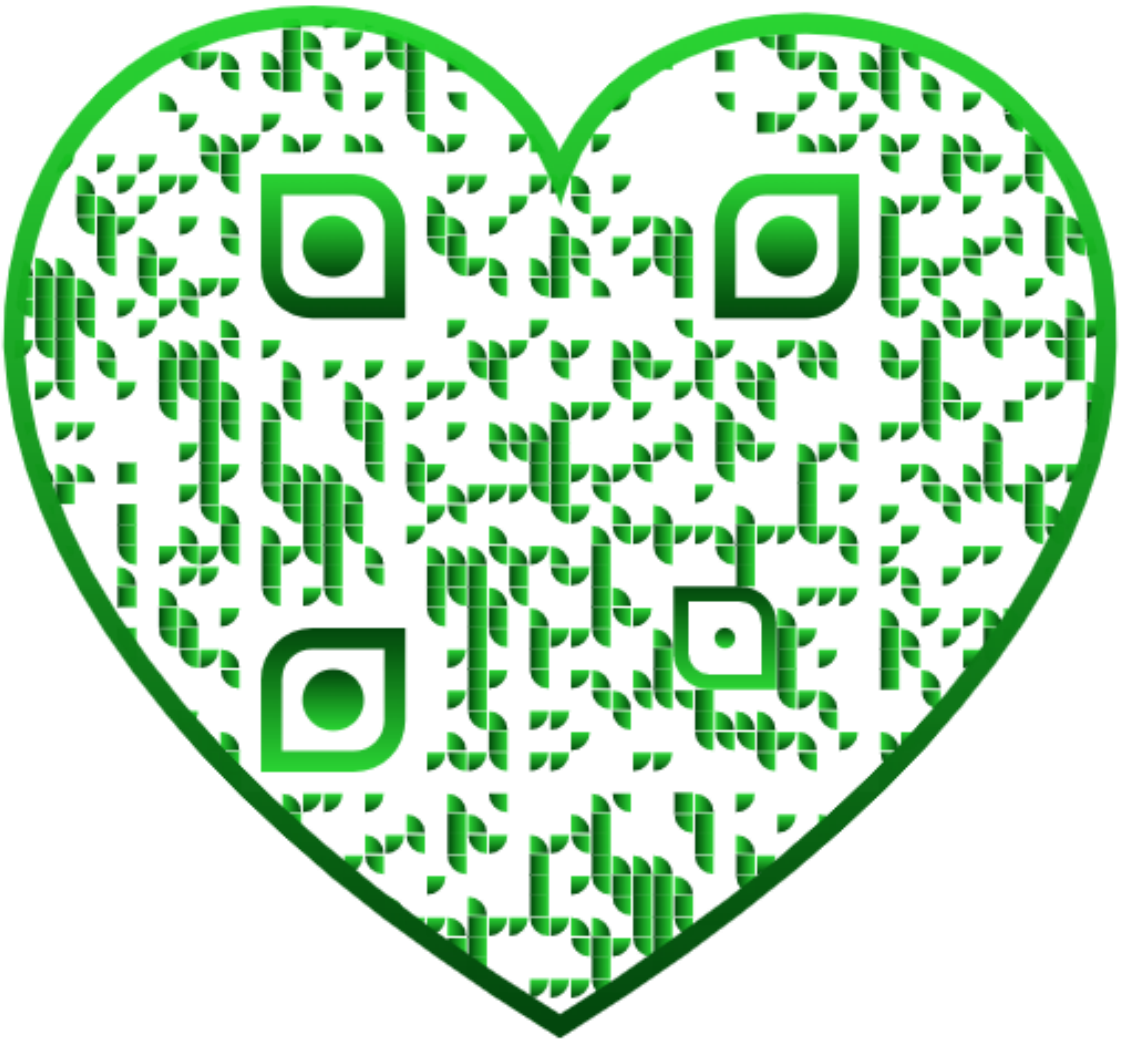
DIARRHEA:
Kao-Pectate
Imodium AD
PUSH FLUIDS

FEVER: Tylenol (Regular or Extra Strength)
Extra Strength-Do not exceed 8tabs/24H
Regular-Do not exceed 12tabs/24H
Tylenol Sinus
Tylenol PM

GAS: Gas-X
Mylicon
Phazyme

HEADACHES:
ASA-Free Excedrin
Cold Compress
Tylenol (Regular or Extra Strength)

HEARTBURN: Avoid lying down for at least 1 hour after meals
Aciphex
Maalox
Milk of Magnesia
Mylanta
Pepcid
Pepcid Complete
Prevacid
Prilosec
Rolaids
Tums (limit 4/day)
Zantac



HEMORRHOIDS:
Anusol/Anusol H.C.
(RX: Analapram 2.5%)
Hydrocortisone OTC
Preparation H
Tucks
Vaseline lotion applied to tissue w/ wiping

HERPES:
Acyclovir
Famvir
Valtrex

LEG CRAMPS:
Benadryl

NASAL SPRAY:
Saline Nasal Spray

NAUSEA:
Vitamin B6 25mg TID
Dramamine
Emetrol
Ginger Root 250mg QID
High Complex Carbs @ Bedtime
Sea Bands – Accupressure
Unisom ½ tab TID

PAIN: Darvocet
Lortab
Percocet
Tramadol
Tylenol 3
Ultram
Vicodin

RASH: Benadryl
1% Hydrocortisone Cream

SLEEP AIDS:
Ambien
Benadryl
Chamomile Tea
Unisom
Tylenol PM
Warm milk-add vanilla or sugar for taste

SUGAR SUBSTITUTES:
Ok in moderation

THROAT:
Cepacol
Cepastat
Salt Water Gargle w/ warm water

TOOTH PAIN:
Oragel

VACCINES:
Flu Shot
*Gardasil
Hepatitis A
Hepatitis B
Pneumovax
Polio Booster
Tetanus
Tuberculosis test or ppd

AVOID: *Gardasil
Live Poliovirus
MMR (measles, mumps & rubella)
Varicella (chickenpox)

*No known complications if received before known Pregnancy; resume series after delivery

YEAST: Femstat
Gyne-lotrimin
Monistat

MISC: All Sunscreens
Hair coloring/highlights
Insect Repellants (including DEET)
Mystic Tans